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HIGH INFIDELITY

CAMERON DIAZ GETS 'PLAYED' IN THE OTHER WOMAN PAGE 9

USE METRO AR TO SEE A CLIP OF HOLLYWOOD'S NEWEST CHEATERS

Captain comic comes with a lesson, too

Storytelling front and centre at the Ting Comic and Graphic Arts Festival in London PAGE 3

Forest City about to get a lot taller

School Community Tree Challenge aims to have London, Middlesex students plant 25,000 trees PAGE 4

Head to San Juan sans restrictions

And wander off your resort. Use Metro AR to see a photo tour of Puerto Rico PAGE 11

NEWS WORTH SHARING.

Stolarz admits to 'very stupid' mistake

OHL. London Knights back on the ice after 10-day break, joined by their No. 1 goaltender fresh of his 6-game suspension

DAVE LANGFORD
dave.langford@metronews.ca

Anthony Stolarz admitted he made a mistake.

The London Knights' goalie was given an eight-game suspension after he high-sticked Windsor Spitfires' forward Josh Ho-Sang on March 25 during a first-round playoff game.

After the Knights were eliminated by the Guelph Storm, the Ontario Hockey League reduced the penalty by two games and he will be eligible for the Memorial Cup when it begins May 16.

On Tuesday, the Knights were back on the ice after a 10-day break and Stolarz was officially part of the team once again.

"In the end, it was the league's decision," Stolarz said. "I had a lapse in judgement and made a mistake that was very stupid on my part. And whatever the league handed down, I had to accept."

Stolarz said he never had any intention of hitting Ho-Sang on the head.

"I can say that with full confidence. I just wanted to let him know that I'm not just going to stand there and let him slash away and get that extra whack," Stolarz said.

"So as a goalie, sometimes you have to stick up for yourself and this time it kind of got a little out of hand and just (became) an unfortunate incident. I have to accept the punishment for my actions."

Stolarz said he was impressed with Jake Patterson's goaltending work in his absence.

"Watching Patty, he played tremendous throughout that (Guelph) series. Some of those saves he was making were awesome. He played to the best of his ability and he kept us in every game and gave us a chance to win."

The London Knights, after a 10-day break, were back on the Budweiser Gardens ice Tuesday and starting preparations for their Memorial Cup appearance beginning May 16. More Knights coverage, page 18. MIKE DONACHIE/METRO

London CLEAN & Green
APRIL SAT 26
• 9 City-wide locations to pickup supplies and drop off litter
• Clean your own neighbourhood
• Thames River cleanup
Community Clean Up Day!
Saturday, April 26, 9am – noon
For more information: londoncleangreen.ca
London CANADA

NEWS 1

A taste for giving back at Taste for Life

10th year in London. Event cooks up some donations for the Regional HIV/AIDS Connection at restos around the region

SCOTT TAYLOR
scott.taylor@metronews.ca

The Only On King chef Paul Harding has participated in A Taste for Life for more than a decade and says it's a win-win evening for everyone. SCOTT TAYLOR/METRO

Charity may begin at home, but it tastes much better at one of almost 30 London, Stratford and Exeter restaurants willing to donate 25 per cent of their revenue towards the Regional HIV/AIDS Connection as part of its annual A Taste for Life fundraiser.

Hurry to taste it, though, because the event is happening today, April 23.

In effect for more than a decade locally, it's raised nearly $500,000, said spokeswoman Emily Marcoccia.

"It's not too late for anyone who does want to support it," she said. "The nice thing about this event is that you spend what you want to spend. There's no set price like if you went to a gala.

"You can choose to go to a restaurant and have wings, or you can go to a restaurant and have a large meal. You can ask a partner or you can ask 10 friends."

Chef Paul Harding of The Only On King said the restaurant has been involved in A Taste for Life from the beginning. Tables are always full and the servers enjoy the atmosphere as much as the guests.

"It's a big one for us to support," he said. "We try to support as many causes as we can and this is one of them that creates the biggest end result."

This year, he confided, London Police Chief Brad Duncan has chosen The Only On King as his fundraiser destination.

Spring cleaning. Clear out your medicine cabinet, drop off old drugs to cops

London's cops are to take part in a provincewide initiative designed to get unused medicines out of homes.

On Saturday, May 10, between 10 a.m. and 2 p.m., the city's police will join Prescription Drug Drop-Off Day, which is run by the Ontario Association of Chiefs of Police.

The idea is to increase awareness about getting rid of unwanted drugs. People are encouraged to go through their medicine cabinets and clear out what they don't need, or drugs that have expired.

The message is that drugs can be dropped off on the day, but also handed into pharmacies at any time of year.

Before the event, cops will also be at a booth to give people information, on Saturday from 10 a.m. to 2 p.m. at White Oaks Mall; Monday, May 5, from 12 p.m. to 3 p.m. at Loblaws and May 6 from 12 p.m. to 3 p.m. at Cherryhill Village Mall.

METRO

Hamilton Road

Boy, 3, found face down in pond, in fair condition: Cops

A three-year-old boy found face down in a pond last Friday is now in fair condition, say London Police.

The boy was discovered at about noon behind a house on Hamilton Road east of Veterans Memorial Parkway. It's not known how long he was in the water or how he managed to wander away from family members.

SCOTT TAYLOR/METRO

Clarification

Run for Retina participation down 30 per cent

We've been asked to make it clear that participation in Run For Retina is down 30 per cent, and not 50 per cent, as reported in Tuesday's paper.

The event took place in Harris Park on April 13, and included a half-marathon and 5K. It's run annually, to raise money for the Ivey Eye Institute in London.

METRO

17 years experience

Gary Lima named senior VP at Fanshawe College

Fanshawe College has appointed Gary Lima as its senior vice-president academic, it said Wednesday.

Lima has more than 17 years' experience as an educator and since January has been acting vice-president academic. He has been with Fanshawe since 2011, including three years as the Dean, Faculty of Arts, Media and Design. METRO

Liberal promise. Child Benefit tied to inflation

The governing Liberals are making another budget promise: To tie future increases of the Ontario Child Benefit to inflation.

They say it would start July 2015 if their crucial May 1 budget passes in the legislature.

The annual maximum payment per child under the age of 18 — which is available to families making $20,000 or less a year — will rise to $1,310 this July.

The minority Liberals are also proposing to increase wages for early childhood educators and other child care workers.

They say it would raise wages by an average of two dollars an hour, with the first increase starting in January 2015.

The Liberals need at least one opposition party to support their budget to avoid an election. THE CANADIAN PRESS

OLG Slots. New car for lucky London winner

A London woman is celebrating after winning a brand new car at an OLG Slots event at the Western Fair District.

Beth Roberts, 56, won it as part of the OLG's Licence To Win promotion, picking up the prize last week. She had a choice of four cars but opted for the Buick Regal.

Beth Roberts CONTRIBUTED

"This is the first time I have won a big prize," she said, after being named the grand prize winner. "I am very happy and excited!"

Licence To Win is an annual promotion. METRO

Restoration. Community called to Glen Cairn Park

Saturday has been declared community day in Glen Cairn Park as its restoration continues.

It's part of an effort by the Upper Thames River Conservation Authority and partners.

There will be attractions from 10:30 a.m. to 1 p.m. Saturday, showcasing the changes to the north and east parts of the park, which was formerly the Thompson Road landfill site.

There will be tree-planting, the Salthaven Wildlife Rehabilitation Centre Show, displays of work at the park and snacks and drinks courtesy of Starbucks.

The project partners include the City of London and UTRCA, as well as four community organizations that have adopted these parks through the City of London's Park Sponsorship Program. METRO

Lesson in the value of comic books

Ting festival. Graphic storytelling takes centre stage in London

MIKE DONACHIE
mike.donachie@metronews.ca

Art adorns the walls of the Arts Project downtown, but this time it tells a story — literally.

The Ting Comic and Graphic Arts Festival has begun, and it's an event with a lesson as well as a story.

"Comic books are becoming more and more part of education programs," said Diana Tamblyn, the comics creator who's led the organization of the festival.

"I think we've broken through a barrier of comics being not just for kids any more. People can understand more than ever that it's not just a medium of storytelling.

"There's something very powerful about the combination of words and pictures that make a story come alive. I think that's what we're seeing in school systems. Kids can embrace that."

Tamblyn points to librarians as among the most enthusiastic people in recent years when it comes to comic books and graphic novels.

"It's because they see comics as something that young kids are interested in reading," she said. "Anything that can get a kid picking up something to read voraciously, they see as a good thing.

"And I'd agree with that."

The wider value of comic books is just one of the messages at Ting events, which run until May 3.

Richard Gilmore of the Arts Project helps set up the 203 Dundas St. venue's comic book art exhibition, part of the Ting Comic and Graphic Arts Festival. MIKE DONACHIE/METRO

It's named after newspaper cartoonist Merle Tingley and features 13 other artists from southwestern Ontario. Throughout, the exhibition of original pages and other art is on display at the Arts Project.

"It's art," is the simple statement from Richard Gilmore of the Arts Project. "It's graphic art. People don't look down on it any more. People are very interested. It can have very deep, complex and heavy storytelling."

Ting highlights

- **April 26, 12 p.m.** Artist J.R. Faulkner will teach KA-POW!: Creating Comic Strips — the essential workshop for kids aged eight and up who want to build their own comic strip.
- **April 29, 5 p.m.** Award-winning cartoonist Scott Chantler will lead a visual storytelling workshop. At 7 p.m. he will talk about his own work, Two Generals.
- **April 30, 6 p.m. to 10 p.m.** Brahm Wiseman of Heroes Comics will lead Comic Jam. Artists will collaborate on a comic.
- **May 1, 7 p.m.** Dominick Grace will delve into the Canadian Trilogy of Conversations books: Collections of interviews with Dave Sim, Chester Brown and Seth.

Visit artsproject.ca.

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Thames River corridor

Tree planting just part of conservation authority's Sunday event

A brigade of shovels dug deep across the city Tuesday, as organizations and residents alike planted trees, shrubs and all kinds of other growing things to mark London's Earth Day event.

While the focus was on the day, an organization near and dear to the heart of conservationism also has long-term plans to ensure the Forest City lives up to its moniker.

The Upper Thames River Conservation Authority (UTRCA) has planned an event April 27 at Watson Street Park.

They'll be planting 1,500 trees and wildlife shrubs to help protect the Thames River corridor as it flows through London and everyone is invited.

There will also be Canadian Raptor Conservancy demonstrations, bird box building, a giant Earth Day mandala, face painting and a draw for a bike.

In a release the UTRCA said: "This is the 21st year for the Earth Day London event. The focus is planting native trees and wildlife shrubs in the city of London. Volunteers help the UTRCA naturalize London's parks by planting trees and wildlife shrubs each year."

The UTRCA will plant more than 70,000 trees over the next three weeks and has planted more than 10 million trees since 1950.

METRO

Representatives of the various organizations had shovels full of enthusiasm on Earth Day. SCOTT TAYLOR/METRO

Program aims to plant 25,000 trees in Forest City

Barking up the right tree. Earth Day announcement to involve 100 schools

SCOTT TAYLOR
scott.taylor@metronews.ca

It was one tree, trembling on an unusually cold April morning, but it symbolized a new community initiative that will hopefully see London and Middlesex students plant up to 25,000 others over the next five years.

The School Community Tree Challenge, which was officially launched Tuesday —Earth Day — is a five-year initiative designed to promote tree planting in schoolyards and surrounding neighbourhoods, including parks, residential yards and other areas.

Thanks to a three-year $188,900 grant from the Ontario Trillium Foundation and another $40,000 from TD Canada Trust to ReForest London, the goal is to involve 100 schools from London and Middlesex County in planting thousands of trees.

The ambitious project is a collaboration of Middlesex-London Health Unit, the Upper Thames River Conservation Authority (UTRCA), London and District Catholic School Board, the Thames Valley District School Board and ReForest London.

Ontario Trillium Foundation project manager Sheila Simpson said she immediately liked the idea of students and the community coming together to plant trees.

"This is the Forest City, after all, so it's pretty important to plant trees here," she said.

"It takes a community to come together and make a difference," agreed Mayor Joe Fontana, adding the project is crucial to ensure a significant number of trees get planted.

"Especially today, Earth Day, even though it's a little cooler than it was yesterday, this is a great initiative, and when you bring people together good things can happen."

London North MPP Deb Matthews called the initiative fantastic.

"Of course, I always look at things from a health perspective and there's no question that it's healthy to plant trees. It's good exercise, but also the more trees we have, the better our air and the better for all of us."

Quoted

"Involving youth in tree planting is part of our 67-year conservation legacy."

Upper Thames River Conservation Authority's Steve Sauder

Bins for butts is a boon for Richmond Row

Richmond Row is well on its way to becoming a more attractive location for shoppers and diners, no butts about it.

Though the number of smokers is decreasing, City of London employees still managed to collect and send more than 308,000 cigarette butts for recycling from May 2013 to April 2014.

They all came from 50 cigarette filter bins already in place throughout the city.

Tuesday, as part of the city's Clean and Green initiative, business leaders and city officials were outside of Joe Kool's to trumpet the 30 new street ashtrays installed on posts between Oxford and Dufferin streets as beacons for butts.

Gift of Art owner Brad Scrinko said he spends part of every morning cleaning up the area outside of his store.

"They're in strategic locations in front of restaurants, in front of bus stops," he said. "We're hoping that the smokers, as they go along, find them convenient to use and will be using them instead of the sidewalk."

The bins aren't just for esthetics, he added. Every part of the discarded cigarette gets recycled by TerraCycle and made into other products. There is no waste.

"Smoking is your choice, but what has to be your choice is putting your cigarette butts in the right location," said Jay Stanford, the city's director of fleet, environment and solid waste.

All the costs are covered by the company. As well, 15 bike posts designed by Western master's of fine art student Tegan Moore were installed in Richmond Row.

These locations were selected based on an online survey of London cyclists.

Funding for them was provided by the Urban League of London, the Middlesex-London Health Unit and the City of London.

SCOTT TAYLOR/METRO

By the numbers

- **Cigarette filter bins now in city:** 80
- **Cigarette butts recycled in a year:** 308,700
- **Decorative bike posts installed:** 50

Tit-for-tat

Russia expels Canadian diplomat

Russia has expelled a first secretary at the Canadian embassy in Moscow in retaliation for the earlier expulsion of a Russian military attache from Ottawa.

A Canadian government source, not authorized to speak on the record, says the first secretary of the immigration section of the Canadian embassy in Moscow has been ordered out of Russia.

The move comes after Canada quietly expelled an assistant Russian defence attache earlier this month.

The Harper government also called in the Russian ambassador to Canada for a diplomatic dressing down last week.

Prime Minister Stephen Harper has called Russia's actions in Ukraine a threat to world peace.

Foreign Affairs Minister John Baird is visiting several eastern European countries this week to stress Canada's support. THE CANADIAN PRESS

Calgary stabbing

Judge orders mental assessment for suspect

The man accused in Calgary's worst mass murder is to undergo a 30-day assessment to determine whether he is mentally fit to stand trial for first-degree murder.

Matthew de Grood, 22, was charged last week after five young people were stabbed to death at a house party that was being held to mark the end of the school year.

De Grood was wearing blue coveralls when he appeared in court Tuesday via closed-circuit television. He could be seen leaning against a wall and occasionally touching his face, which had cuts and scrapes from when he was taken down by the canine unit during his arrest.

De Grood, the son of a senior Calgary police officer, only spoke once, replying "Yes, sir" when Judge Jim Ogle asked if de Grood could see and hear him. THE CANADIAN PRESS

B.C. coast

Humpback whales removed from threatened species status

Ottawa no longer considers the North Pacific population of humpback whales a threatened species, which lifts many legal protections for the whales' habitat.

In an amendment released Saturday in the latest Canada Gazette, the Environment Department says the status of humpback whales off the British Columbia coast has been upgraded from "threatened" to "species of special concern."

The revision follows a 2011 report from the Committee on the Status of Endangered Wildlife in Canada which determined the whale's numbers have increased annually since the early 1990s, and now include more than 18,000 adults.

Reclassification under the Species At Risk Act removes legal protection for humpback habitat. THE CANADIAN PRESS

1/3 Canadians suffered child abuse: Survey

The data. It cannot prove cause and effect; it can only point to possible links

A new study says one in three adult Canadians suffered some form of child abuse in their past, adding this abuse is associated with a higher risk of mental-health disorders later in life.

The lead author of the study says it provides the first national look at the prevalence of child abuse experienced by Canadian adults.

Tracie Afifi of the University of Manitoba says previous estimates were based on a nearly 25-year-old study from Ontario and more recent data from Quebec.

Quoted

"We found strong associations between child abuse and mental conditions."

Researchers of the study

The study is published today in the Canadian Medical Association Journal.

The authors studied data collected from more than 23,000 adults 18 and older who took part in Statistic Canada's 2012 Canadian Community Health Survey.

Respondents were asked questions about whether they were hit or subjected to other forms of physical or sexual abuse in childhood, or whether they were exposed to violence between the adults in their homes.

Afifi says the questions didn't ask "Were you abused?" because studies have shown that some people who have been abused don't characterize their experiences as abuse.

Instead, the questions asked whether respondents were slapped on the face or head, spanked with a hard object, pushed, grabbed, shoved or had something thrown at them to hurt them. For both those questions, respondents were asked to say yes only if the behaviour had happened a minimum of three times.

Another question asked if respondents were kicked, bit, punched, choked, burned or physically attacked at least once.

Sexual abuse questions were designed to determine whether respondents were forced into unwanted sexual activity. And the questions related to having witnessed intimate partner violence asked whether as children they had seen their parents, step-parents or guardians hit each other or other adults in the home three or more times.

One in three adults reported experiences that met the criteria for at least one of the types of abuse, with physical abuse the most common of the three; 26 per cent of respondents said they had experienced physical abuse.

Ten per cent of respondents said they had experienced sexual abuse and nearly eight per cent witnessed intimate partner violence. THE CANADIAN PRESS

Record breaking swimmer glides for Earth awareness

World-record breaking swimmer Ben Lecomte swims in the Strait of Georgia display at the Vancouver Aquarium on Tuesday. Lecomte visited the aquarium to raise awareness for Earth Day and the importance of protecting our waterways. JONATHAN HAYWARD/THE CANADIAN PRESS

Maple Leaf Gardens. Sex abuser pleads guilty to 100 charges

The man at the centre of the Maple Leaf Gardens sex abuse scandal pleaded guilty Tuesday to 100 charges involving 18 underage victims.

Gordon Stuckless, 65, entered the plea in a Toronto courtroom in relation to offences that took place decades ago.

The charges include indecent assault, sexual assault and gross indecency and span from 1965 to 1985.

Stuckless pleaded not guilty to several charges, including sexual assault with a weapon and buggery, and his lawyer Ari Goldkind said a trial on those charges is expected to get underway in the next couple of weeks.

Crown attorney Kelly Beale is expected to request a dangerous offender assessment for Stuckless, but Goldkind said his client, who's on a sex offender registry, continues his chemical castration therapy and has been living "a very law-abiding life."

"Since 2001, he is not a danger to society," Goldkind said. THE CANADIAN PRESS

The Heartbleed hacker. 'Curiosity got the better of him': Michael Calce

A 19-year-old man accused of siphoning some 900 social insurance numbers from the Canada Revenue Agency was likely motivated by curiosity, not malice, says one of the country's most notorious hackers.

"We love to throw around the term 'hacker,' but I don't think he's a hacker," said Michael Calce. "I think he's a computer science geek who heard about a critical bug and wanted to poke around. His curiosity got the better of him."

Last week, the RCMP charged Stephen Arthuro Solis-Reyes of London, Ont., with one count of unauthorized use of a computer and one count of mischief. The Western University student is believed to have used the Heartbleed bug — a vulnerability in the OpenSSL software used to secure countless websites — to extract personal information from CRA servers.

The media has already dubbed Solis-Reyes "the Heartbleed hacker." LUKE SIMCOE/METRO IN TORONTO

Challenge. Google asking non-profits to suggest ways of using Glass in their work

Google has a challenge for U.S. non-profits.

On Tuesday, the tech giant asked non-profit groups to propose ideas for how to use the Web-connected eyewear Google Glass in their work. Five charities that propose the best ideas by May 20 will get a free pair of the glasses, a trip to Google for training and a $25,000 grant to help make their project a reality.

Google has already been testing Glass with non-profits in their field work.

Google Glass is displayed in San Francisco in 2013. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Mickey D's feels the squeeze

McDonald's is fighting to hold on to customers in the U.S. The world's biggest burger chain said sales at established locations fell 1.7 per cent in the first three months of the year. After a decade of consistent growth, sales also declined last year as McDonald's struggled to roll out new menu items.

PHOTO: CATE GILLON/GETTY IMAGES; STORY: THE ASSOCIATED PRESS

NADbank. Metro London showing growth in daily readership, study shows

More Londoners than ever are making Metro part of their daily lives, according to the latest newspaper readership study.

That's 36,000 people reading Metro London each day, Monday to Friday, as a way to stay connected and informed about their city and the world.

The readership increase came at a time when the London Free Press lost 15 per cent of its readers, according to the 2013 NADbank readership study.

"The tremendous 24 per cent growth in the daily readership of Metro London is exciting," said Greg Lutes, vice-president and group publisher, Metro Eastern Canada. "Our strong local content is a major factor in our growth success.

"I believe the new readership number does not completely capture all of our distribution that was expanded last year to include Ingersoll and Woodstock. This strategic move was done to address the needs of our local advertisers."

Nationally, the research found that Metro continues to be popular with readers in Canada's largest cities and across various platforms — including print, digital paper, website and news app.

"Metro Canada increased readership on a weekly basis by three per cent to more than 4 million readers — a first for us — which demonstrates how our unique content packages resonate against Metropolitans, our target market," said Bill McDonald, president of Metro English Canada. METRO

Quoted

"Our strong local content is a major factor in our growth success."

Greg Lutes, Vice-President and Group Publisher, Metro Eastern Canada, on the 24 per cent growth in daily readership of Metro London.

Market Minute

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Natural gas: $4.75 US (+$0.05)
Dow Jones: 16,514.37 (+65.12)

Streaming contest

AT&T eyes YouTube, Netflix, Hulu's eyes

AT&T and an investment firm run by former News Corp. executive Peter Chernin have formed an online video venture that could rival Netflix and Hulu.

AT&T Inc. and Chernin Group said Tuesday that they have committed more than $500 million in funding toward the venture. They are not saying how much each company is investing.

AT&T already offers TV content through its U-Verse service, which competes with cable TV providers. With online video, though, it could attract customers of Netflix, Hulu, YouTube and other services. THE ASSOCIATED PRESS

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Designer Laura Siegel arranges scarves made from recycled saris for her Project Eleven27 at the Toronto Fashion Incubator in Toronto on Monday. Project Eleven27 was created to honour the lives lost in the Bangladesh garment factory collapse by partnering with artisans in India to hand-weave 1,127 limited-edition scarves. DARREN CALABRESE/THE CANADIAN PRESS

Weaving change for workers, one scarf at a time

One-year anniversary of tragedy. Canadian designer's Project Eleven27 honours victims of Bangladesh factory collapse

Seeing images emerge from the world's worst garment industry accident hit Laura Siegel hard — then led her to take action.

The award-winning Canadian designer has partnered with artisans in India on Project Eleven27, creating a collection of 1,127 scarves — one for each victim of the fatal building collapse in Bangladesh.

The April 24, 2013, tragedy at the illegally constructed Rana Plaza brought worldwide attention to the poor conditions endured by workers and renewed focus on the production practices used to create affordable goods.

"Being overseas and having visited a ton of factories at all different levels, I understand how that happened. And it was just sad because I felt that like it's something that almost could have been prevented if something was just done about it," said Siegel in an interview at the Toronto Fashion Incubator, a non-profit, small business centre that offers support and mentorship to budding homegrown designers and entrepreneurs.

Siegel, 26, spent a lot of time when she was younger travelling to developing countries, and has had the opportunity to do knitwear while in Peru and Bolivia where she learned of the passion for craft among the artisans.

"When I met individuals that were sustaining their culture that probably existed exactly the same way 1,000 years ago, (it) is just such a rare special moment," she said. "So I wanted to figure out a way for them to be able to continue to sustain what they're doing, but also to be able to continue relationships and connections with these people while designing — doing what I love — and supporting what they do."

To that end, Siegel's ready-to-wear womenswear label collaborates with artisans in rural villages around the world to help sustain craft — also a primary focus of Project Eleven27.

For the initiative, recycled saris sourced in Kutch, India, are laser-cut in Delhi and made into a yarn that's brought back to Kutch. Namori Vankar and his family then weave the brightly coloured saris into the scarves, which are a 50 per cent cotton, 50 per cent silk blend.

"Being able to sustain their craft, being able to continue their work is very special, especially in that region where a lot of people are forced to leave something that they've been practising in their families for so many centuries," said Siegel.

THE CANADIAN PRESS

How you can help

The 22-inch scarf retails for $135, while the 38-inch scarf — which can double as a sarong or wrap — sells for $195. The scarves will be available through Siegel's online boutique, luxury retailer Holt Renfrew and online retailers Shop Latitude and Shop Ethica.

- Project Eleven27 will be donating 25 per cent of proceeds to Sreepur Village, an organization in Bangladesh helping the families affected by the tragedy. To commemorate the one-year anniversary of the Rana Plaza disaster this Thursday, 40 per cent of sales of the scarves sold on that day will benefit the charity.

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ANOTHER TYPE OF FOODIE WEIGHS IN

JUST SAYIN'

Paul Sullivan
metronews.ca

There are foodies, those uncompromising gourmets who have "an ardent or refined interest in food and alcoholic beverages," according to the dictionary.

Then there are the rest of us, who also have an ardent interest in food and alcoholic beverages, but there's nothing refined about it.

This column is for you. Business Insider has done one of those unscientific readers' choice surveys and on the strength of 2,200 responses, has determined the Best Fast Food in America. We can take that to include the rest of North America, because most of these epicurean delights do not require a run to the border.

They may require a run to the bathroom, if you insist on testing the winners, but that's another story.

So, apart from the fact that Tim Hortons barely makes the list, the rest of it is as commonplace in Canada as potholes in springtime.

What's really great about this is that everyone can play. In fact, participating is probably as impossible to resist as McDonald's fries.

The No. 1 burger is Wendy's with its characteristic square, never frozen, burger patty. I don't know about you, but a square burger patty ain't natural. Nonetheless, Dave's Hot 'N' Juicy outdistanced the Burger King Whopper and McDonald's Big Mac by a healthy margin (34 per cent to 26 per cent and 24 per cent respectively). Or should I say unhealthy?

Best pizza honours go to Papa John's, who squeaked by Pizza Hut and Domino's (34 per cent to 31 per cent and 29 per cent). Little Caesars was a distant fourth. Whatever. Does it get there in under half an hour?

No surprise here: McDonald's had the best fries by a wide margin (57 per cent), which roughly equals the percentage of North Americans raised on them from infancy.

Best fried chicken is KFC at 36 per cent. I haven't ordered a bucket for 20 years, but that doesn't stop me from going: "Maybe I should just stop and get a bucket" every time I go past the local Colonel's dispensary, which is just about every day. This stuff gets into your blood ... in more ways than one.

Subway is a double winner, with best sub (37 per cent) and healthiest choice (also 37 per cent), which is hardly a distinction considering the competition. About the only thing you can order at a fast food joint that's actually good for you is a glass of water.

Finally, there's coffee, the universal solvent. At 49 per cent, Starbucks wins hands down. The next closest was Dunkin' Donuts at 27 per cent. This is the only place on the poll where Tim Hortons appeared, with eight per cent, just behind McDonald's. Coffee seems like the last thing you'd order at McDonald's, but despite (or perhaps because of) those expectations, it's never as bad as you think.

And that's pretty much the last word. Or maybe five little last words: "You want fries with that?"

ZOOM

Bee my pollinator

Bamboo bundles are used here to create bee tunnels for nesting that hang in a magnolia tree near Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Depleting numbers threaten food supply

Bees are pulling a disappearing act. Honeybees are vanishing from their hives. Bumblebee numbers have crashed so radically that some species are believed extinct. Even native solitary bees are in decline. Food supplies dependent upon pollinators are threatened.

There is no single explanation for what is causing the pollinator losses, said Matt O'Neal, an associate professor of entomology at Iowa State University. THE ASSOCIATED PRESS

Quoted

"Common species are disappearing at a dramatic rate ... I worry in particular about pollinator species with limited ranges and that have unique habitat requirements that are being threatened. A lot of species are dropping out of the landscape."

Mace Vaughan, pollinator program director with The Xerces Society for Invertebrate Conservation in Portland, Ore.

How gardeners can help

- Plant flowers and create green spaces, especially in urban areas. Leave patches of bare soil, rocks and brush piles for use by ground-dwelling native bees.
- Install bee hotels around the yard by drilling holes in wood blocks and creating bamboo bundles.
- Eliminate or change pesticide usage.

METRO AUGMENTED REALITY

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MetroTube

When parachuting on skis gets tiring

ANDREW FIFIELD
metronews.ca

On the same day I learned about the existence of an adrenaline-junkie hobby called speed riding — which is pretty much hurtling through the air while attached to a small parachute and a pair of skis — I also learned that it's not nearly adrenalized enough for one rider.

So what does your average daredevil do when the passion for boring, bland and familiar speed riding is extinguished. Why, you speed ride/grind your way down a chairlift cable. Naturally.
(Via Valentin Delluc on Vimeo)

VIMEO SCREENGRAB

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See that symbol? It means you can scan the photo below with your Metro News app to see a clip from The Other Woman

Turning up the cheat on trysts

Cautionary tales. From 1960's 'dirty' rendezvous at The Apartment to a Fatal Attraction cooking your rabbit, infidelity boils over on film

IN FOCUS
Richard Crouse
scene@metronews.ca

Nikolaj Coster-Waldau and Cameron Diaz star in The Other Woman. CONTRIBUTED

In the new movie The Other Woman, Mark King (Game of Thrones's Nikolaj Coster-Waldau) tries to push infidelity to Tiger Woodsian heights by cheating on his wife (Leslie Mann) with multiple mistresses, including Carly and Amber (Cameron Diaz and Kate Upton). "We got played by the same guy," says Carly.

"Getting played" in Hollywood movies dates back further than the invention of the Ashley Madison website.

In 1960, the Jack Lemmon movie The Apartment tackled the subject of adultery. The film, about a lonely insurance company lackey who allows his bosses to use his apartment as a trysting spot in hopes that they will promote him, was a big hit, but also a controversial one. The Saturday Review called it "a dirty fairy tale" and co-star Fred McMurray says a woman on the street hit him with her purse, taking him to task for making "a dirty, filthy movie."

In 2005's Derailed, Clive Owen stars as a married man who hooks up with Lucinda (Jennifer Aniston) after meeting her on a commuter train. In a hormone-induced rush, they decide to consummate their illicit affair at a seedy hotel, only to be interrupted by a burglar who robs them and sexually assaults Lucinda. Things spiral out of control as the robber blackmails the couple and seems to have an unquenchable thirst for Owen's money.

Derailed is a cautionary tale about staying faithful to your spouse and never, ever renting rooms in sleazy hotels. Part Fatal Attraction, part Hitchcock thriller, the movie stays on track through the set-up of the story, but as soon as the going gets rough the story, well ... derails.

The most famous infidelity movie has to be 1987's Fatal Attraction. It begins with Michael "I'm a married man!" Douglas having a fling with Glenn "I'm not gonna be ignored!" Close. When he tries to break off their affair, she becomes a lesson in why not to cheat on your wife.

The film was a sensation on release, inspiring a number of imitators including The Crush, Single White Female and a spoof called Fatal Instinct, and its most famous clip, the rabbit boiling on the stove, even inspired a phrase in the Urban Dictionary. According to the website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

Film's most famed femme fatale

"Men still come up to me and say, 'You scared the [crap] out of me.' Sometimes they say, 'You saved my marriage.'"

Glenn Close in an interview 20 years after Fatal Attraction's release.

Criminal Justice. De Niro out, Turturro in

John Turturro takes Criminal Justice role developed for James Gandolfini. FILIPPO MONTEFORTE/AFP PHOTO

The cast of the courtroom drama miniseries has undergone yet another shift. Following Robert De Niro's exit, the cable network has brought in John Turturro for the lead role, according to The Hollywood Reporter.

Attached to headline Criminal Justice since September 2013, Robert De Niro was forced to step down due to a scheduling conflict, according to the Hollywood news website. The star will be replaced by John Turturro, the New York actor frequently seen in the films of Spike Lee and the Coen brothers.

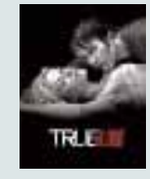
In the seven-episode miniseries, the actor will play Jack Stone, a lawyer defending a young Pakistani man accused of murdering his wife. The role was initially developed for The Sopranos star James Gandolfini, who died in June 2013.

The project will not be John Turturro's first stint in television. The actor won an Emmy in 2004 for his performance on Monk, in which he played Ambrose, the agoraphobic brother of the famous detective played by Tony Shalhoub.

AFP

True Blood final season

Trailer all tease, no bite on fate of Eric



Two months before kicking off the seventh and final season of its vampire show, HBO has released a teaser that shows the town of Bon Temps in a state of total chaos.

Abandoned by the U.S. government, Sookie and her friends are contending with very difficult circumstances, as the town is under attack by vampire zombies infected with the Hepatitis V virus.

And what will become of Eric, the lead vampire played by Swedish actor Alexander Skarsgard?

The 30-second clip preserves the suspense surrounding what awaits the blond vampire, who has been in a tight spot since the end of the previous season.

Fans will have answers from June 22, when the latest and final season of True Blood will premiere on HBO. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tim Zickuhr FACEBOOK

Who's the unfairest of them all? Ice road trucker plunders Snow White

As reality star misbehaviour goes, the Duck Dynasty crew are starting to look pretty good about now. At least they leave prostitutes where they found them.

Ice Road Truckers star Tim Zickuhr has no such social graces. According to TMZ, Zickuhr has been charged with an array of crimes after allegedly kidnapping and imprisoning a Las Vegas prostitute named Snow White. Snow White told police that Zickuhr gave her his debit card and told her to withdraw her fee. He then claimed she'd taken out more than agreed. When they met to work out their financial dispute, Snow White says Zickuhr tied her up with backpack straps, locked her in a closet, and punched her and poured cold water on her. Zickuhr then told her to call someone who could bring him the money, but she instead called a police officer.

When the police officer arrived, Zickuhr apparently confessed the whole thing. As a final stroke of elegance, he forced Snow White to exit his apartment through a second story window. Zickuhr was arrested and charged with first-degree kidnapping, extortion, and coercion.

The Word

Jay-Z holds Kim and Kanye's wedding at Bey

MELINDA TAUB
Metro World News

What could go wrong with Kim and Kanye's wedding? They both adore big splashy events, they seem really in love, and they have enough money that no one ever needs to end up sobbing in a strip mall parking lot because they can only afford pink hydrangeas, not fuchsia ones. (I was a bridesmaid a bunch of times.) However, there are some headaches of wedding planning that no amount of money can eliminate, such as guest list drama. Case in point: Will Beyoncé and Jay-Z show up for the ceremony?

Rumour has it that Jay and Bey are planning to skip the nuptials, which will take place in France. According to the Daily Mail, they don't intend it as a snub — they just have no interest in appearing on Keeping Up With the Kardashians, and cameras will be unavoidable (which, given that the show is Kim's whole raison d'etre, does sound a little like a snub).

Jay-Z reportedly plans to make it up to his old pal Kanye in a big way: Since he won't be at the ceremony, not only is he planning a bachelor party for the ages, but he also plans to spend more than $100,000 to rent a yacht for the couple's honeymoon.

Good plan, guys. I have experience with this sort of thing. When my great-aunt couldn't make it to my bat mitzvah she sent me a $20 savings bond, which is sort of the same.

Uma Thurman GETTY IMAGES

Uma ... Arki. Arki ... Uma. Have you kids met each other?

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so since the couple began dating in 2007, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up without her engagement ring or her fiancé. Arki was scheduled to attend, and it seemed clear there was only one reason why he didn't show — because he and Uma are no longer an item," a source says.

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See that symbol? It means you can scan the photo below with your Metro News app to see a photo tour of Puerto Rico

TIFF 3

Looking for sun and fun? Then head to San Juan

Puerto Rico. There's more than just beaches and poolside drinks to enjoy — try heading off the resort for an authentic experience

ANDREW JOHN VIRTUE DOBSON
metronews.ca/TIFF
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Guests to the Casa Bacardi are whisked around on limo golf carts. PHOTOS: ANDREW DOBSON

While standing on your balcony at the San Juan Marriott Resort staring out at the vast Atlantic, you'll find it hard not to be enchanted, romanced and lulled by the ocean's heartbeat.

The crash of surf on sand is hypnotizing.

The Marriott in San Juan offers guests a prestigious beachfront address in the bustling Condado neighbourhood where bronzed bombshells can be found sprawled across golden sand or lazing on lounge chairs by one of the hotel's two turquoise pools.

And while year-round sun and sandy beaches are understandably the biggest draw, you'll find plenty of opportunity for an authentic Puerto Rican adventure via a long list of excursions available at the hotel's always-bustling concierge desk.

In 2013, the hotel updated its 511 rooms and 14 suites, which now offer guests a refreshed Caribbean elegance that caters to the city's cosmopolitan dynamic.

Looking to treat yourself? Shopaholics are spoiled for choice as the hotel is located on tree-lined Avenida Ashford, a hip strip that Gucci, Louis Vuitton and Cartier all like to call home.

After pounding the pavement, relax at Ocean Club Spa where a selection of scrubs, wraps, facials and massage offer rejuvenation.

The hotel's two pools are the perfect spot to spend a lazy afternoon.

Feeling peckish in the afternoon but don't want to leave the pool?

Your best bet is a pina-colada-sloshed lunch at La Isla Beach Bar where crispy coconut shrimp and smoky chicken wings offer serious satiation.

If you're in town on the weekend, be sure to stop by the Red Coral Lounge at night for "Salsa and Sushi," where each evening the kitchen serves up fusion sushi offerings (traditional churrasco, creamy avocado, sweet plantain) while a live band adds a festive energy to the dance floor.

Salsa yourself silly, then quench your thirst while celebrating local flavours with an ice cold bottle of Medalla Light or a classic mojito spiked with Bacardi Oakheart.

Looking to explore Puerto Rico's top attractions?

Start your adventure with a rum-filled afternoon at Casa Bacardi, aptly titled The Cathedral of Rum.

It feels a bit like 'Disney Does a Distillery,' as guests are whisked around the property on Bacardi-bat-embossed limo golf carts.

Discover the beauty of ancient architecture and vibrant natural wonders while first strolling back in time through Spanish colonial Old San Juan.

Then, finish off your trip with a jungle mountain hike of El Yunque Rainforest where there are plenty of tranquil waterfalls and panoramic coastal views that offer perfect photo ops.

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SHOP FOR THE BEST PERKS

The good news for consumers is that the travel rewards industry is very competitive today and, as a result, banks and credit card companies have upped their travel programs and offerings to try to attract more cardholders, says Patrick Sojka, founder of Rewards Canada, an organization that tracks the various cards.

"The biggest trend on the credit card side is the waiving of the first year's annual fee," Sojka says. "So, basically, it's a free trial.

SHUTTERSTOCK

"If you keep the card after one year you will likely be charged the annual fee. However, with the way things are, you may be able to negotiate for a longer free period."

On the credit card side, the big trend is the addition of more benefits.

"Most cards are maxed out on what they can offer in terms of rewards and earning points for air miles," Sojka says. "But look for fabulous travel benefits."

Here is a quick list of what to look for:

• Travel perks such as airport lounge access and concierge services.

• A wide range of insurance benefits including travel emergency medical, trip interruption and cancellation, lost luggage, rental car collision/loss damage and hotel burglary insurance.

• Less blackout periods when you book travel on points. "We know that Canadians want to earn points faster and redeem them often without the aggravation of blackout periods and high fees," says Jennifer Douglas, Scotiabank vice-president of credit cards.

• Different ways to redeem points. Scotiabank experts also point to additional benefits such as gift cards, merchandise charities and investment and credits to redeem from.

• Exclusive hotel programs. Some cards partner with hotels to offer room upgrades and dining and beverage credits. But the more benefits like this, the higher the annual fee in general.

• No redemption deadlines.

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FINDING THE BEST VALUE

If you are like most Canadians, you carry a stack of loyalty cards in your wallet. You might have an Air Miles, a Shoppers Optimum, and maybe a Cineplex Scene card. Perhaps a wad of that funny Canadian Tire money is stuffed in there, too.

Loyalty programs have edged into almost every industry, from banking and travel, to entertainment and retail. Repeat card users earn points, discounts and other perks

The Shoppers Drug Mart Optimum card is among the most popular. Some 10 million Canadians carry this card, says Tammy Smitham, vice-president, communications.

Another card — Scene — is quickly gaining attention, too. Now with 5.6 million cardholders, the program is growing "beyond the expectations" of its co-partners, Cineplex and Scotiabank, says Shawn Bloom, Scene general manager.

The idea is to use financial incentives to get customers to build a shopping history with the same store. For example, with an Optimum card, you get 10 points for every dollar spent and can redeem these points on most of the 25,000 in-store products, Smitham says.

With a Scene card, you get 10 per cent off concession purchases and off admission on Tuesdays, and collect 100 points for admission to every adult movie.

"So every 10th movie will be free; it's very good value," Bloom says.

At Canadian Tire, the country's oldest loyalty plan, you get 40 cents in "money" for every $100 spent. Now customers can get their "money" electronically as well as in paper form, giving them "the best of both worlds," says Shawn Stewart, associate vice-president, loyalty.

Increasingly, businesses are teaming up to extend card savings. You can now use Optimum points on fashion and decor items at the Beyond The Rack online store, Smitham says. Scene members can redeem points at Swiss Chalet, Harvey's and other restaurants, and, through the current promotional program with Indigo, earn points by buying certain books that have been or will be made into a movie, Bloom says.

Banks are also getting into the loyalty action. The Royal Bank, for example, has partnered with Shoppers to offer an RBC Optimum MasterCard or debit card that can be used to collect points at retail outlets other than Shoppers across the country.

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UNDERSTAND YOUR POINTS PROGRAM

When it comes to belonging to a loyalty program, knowing what you want to do with the points is one way to narrow down what's appropriate for you, says Patrick Sojka, founder of Rewards Canada.

Here are other considerations:

• Be clear about what you want to be rewarded with — air miles, cash back, or merchandise.

• Keep your shopping habits in mind and be strategic. What's most important is that you are loyal to programs so you accumulate points. Plus, "splitting points amongst several cards will delay the time it takes to redemption," Sojka says.

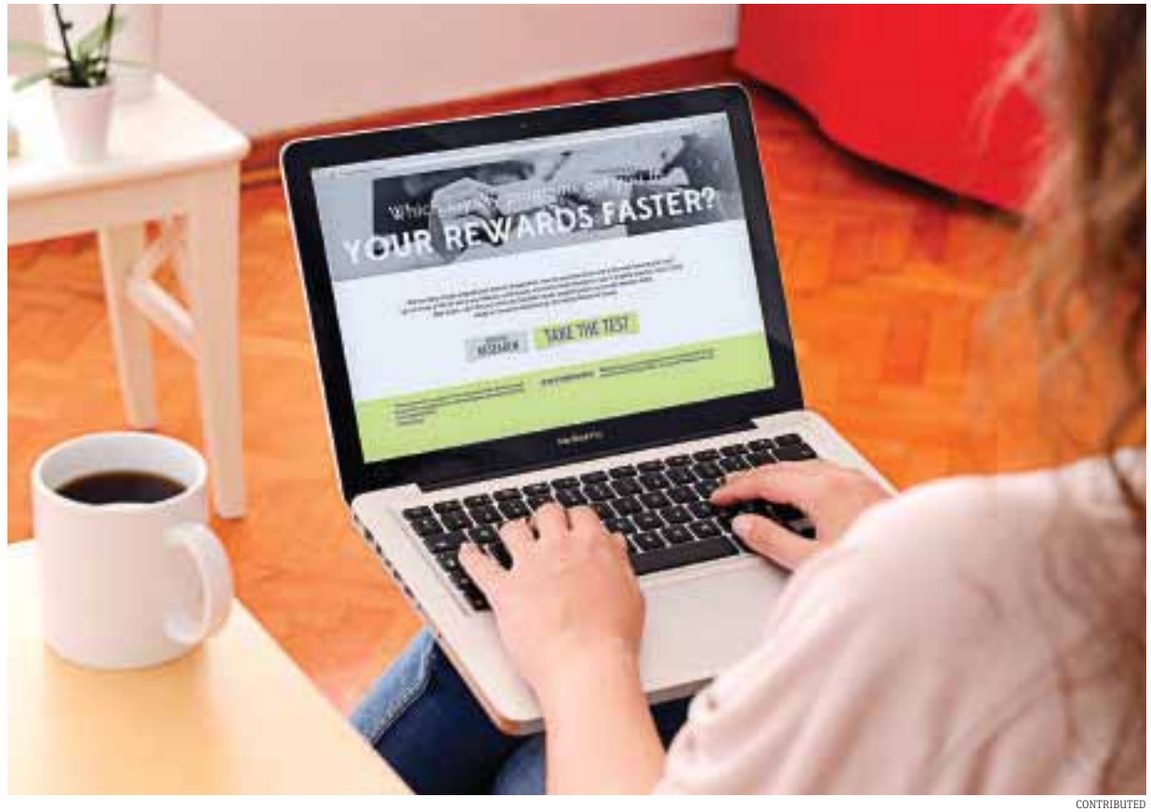
• Be sure you understand exactly how you earn and redeem points on cards including expiring policies for programs that issue miles or points.

• Keep in mind that the more flexible in terms of what the reward is, the lower the rewards rate will be in general.

• Get an Aeroplan or Air Miles card regardless, Sojka says. There are so many places where you can earn these points and so many options for redeeming them (travel, merchandise, gift cards).

FASTER REWARDS

SPRING CLEAN YOUR WALLET AND FIND THE PROGRAM THAT WORKS FOR YOU



CONTRIBUTED

Regularly reassessing loyalty program membership makes sense beyond just reducing the plastic you carry. That's because choosing the right loyalty program for you could get you to the reward you want faster.

Selecting a program from the many options on the market has traditionally been the challenging part.

Luckily, there is a free online tool to help you assess available programs in a way that levels the playing field so you can research and more easily find the program that might have the shortest "time to reward" — compareloyaltyprograms.ca.

Starting with your end goal in mind, decide what reward for which you are looking. Whether you want to earn points or miles for flights, merchandise or cash back, each program offers its own set of advantages.

"Know yourself — and your goals," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances. "Loyalty programs can make up an important part of your overall finances so you'll be rewarded for all of the research you do looking into the right program. Just be smart about where you get your information from — using a tool, such as compareloyaltyprograms.ca, gives you an apples-to-apples look at the most popular programs."

With all of the information out there, it can still be hard to narrow down which programs may be right for you. Focusing on dividend (i.e., how much a point or mile is worth) may not be the best way to decide which loyalty program can help you get to your rewards sooner. Compareloyaltyprograms.ca is powered by research from Environics Research Group and features the top 23 loyalty programs and affiliated credit cards in Canada, including many offerings new to the market this year. By answering a few simple questions on desired rewards (flight, merchandise or cash back) and spending habits (such as the types of stores where you spend the most), the tool suggests programs that may get you to your chosen reward faster.

Once you know what reward you want, it is important to assess how, where and how much you spend each month to understand which programs might benefit you most.

"Spending habits and reward preferences are unique to each household, but comparative tools and resources may not be clear about how they compare different programs," say Misner and McDonald. "With compareloyaltyprograms.ca, consumers can enter their own monthly spending figures to get an accurate assessment of programs based on their own individual personal spending patterns."

SHUTTERSTOCK

LOYALTY PROGRAMS SHOULD SUIT YOUR STYLE

Golden Girl Finance offer tips to help consumers discover their best loyalty program matches:

KNOW WHAT YOU WANT

The best place to start when it comes to assessing whether your current loyalty program is working for you — or deciding which one to sign up for — is what reward for which you are ultimately saving to redeem. Check out compareloyaltyprograms.ca to cross-compare the top loyalty programs in Canada.

THINK ABOUT WHERE YOU SHOP

Research by Environics Research Group has shown that, on average, double-dipping using a base program card matched with an affiliated credit card greatly reduces "time to reward," no matter the reward you are after. The research has also shown that coalition programs, where there are numerous partner stores to earn miles or points at provide faster time to flight rewards, on average.

STAY TUNED-IN TO YOUR PROGRAM

Some rewards programs do a great job of keeping members in the loop with program news via social media or flyers so they can plan their spending to take advantage of offers. Consider using a credit card at partner retailers for your chosen program (double-dipping) and streamlining earning into just one or two key programs.

DO YOUR HOMEWORK

The decision is up to you, so spend a bit of time researching to decide for yourself which program is the most rewarding. Be sure to watch out for high annual fees on associated credit cards that can overshadow the benefits of the loyalty program.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

Bursts of sweet, tangy, creamy and spicy in every curry-filled bite

Thai Grapefruit Curry. A hit of heat to marry with fresh grapefruit enhances the curry and rounds out the flavour of the dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. FLORIDA DEPARTMENT OF CITRUS

Love shrimp? I certainly do. With its versatility and fast cooking methods, you can have a quick easy meal.

Always look for shrimp when they're on sale and pick up a couple of bags. They freeze well and are great for a quick stir-fry, on the grill or for a last-minute appetizer. Shrimp is a great protein when you want to think a bit outside the box and try new flavour combinations, and visit different countries while doing it.

This recipe, which I developed for the Florida Department of Citrus, uses a hit of spicy curry to marry with fresh grapefruit, which enhances the curry and rounds out the flavour of the Thai-inspired dish. It is easy to make and sings out with a sweet, tangy, spicy and creamy combo.

1. In a skillet, heat oil over medium heat and cook shallot and garlic for 2 minutes. Stir in curry paste and chili pepper; cook for 1 minute. Add grapefruit rind and juice, coconut milk and fish sauce; bring to a simmer.

2. Add shrimp and cook, stirring for 4 minutes or until firm and cooked through.

3. In a small bowl, whisk together the cornstarch and water. Stir it into the shrimp mixture along with grapefruit segments and cilantro. Spoon Thai Grapefruit Curry over rice to serve.

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 shallot, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) Thai green curry paste
- 1 small Thai chili pepper, seeded and sliced
- 1/2 tsp (2 ml) grated grapefruit rind
- 1/3 cup (75 ml) ruby red grapefruit juice
- 1/2 cup (125 ml) coconut milk
- 2 tbsp (30 ml) fish sauce
- 1 lb (454 g) large raw shrimp, peeled and deveined
- 1 tsp (5 ml) cornstarch
- 1 tsp (5 ml) water
- 1 ruby red grapefruit, peeled and segmented
- 2 tbsp (30 ml) chopped fresh cilantro or mint

Tomato and Shrimp Tortas: Bite-sized Spanish flavours

Ingredients

- 1 lb (454 g) large raw shrimp, peeled and deveined
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) chopped fresh coriander
- 2 cloves garlic, minced
- 2 tsp (10 ml) smoked paprika
- 4 fresh ripe plum tomatoes, chopped
- 2 tbsp (30 ml) butter
- 1/2 tsp (2 ml) grated lime rind
- 1 tbsp (15 ml) lime juice
- 4 rosemary and thyme savoury olive oil tortas
- 1/4 cup (60 ml) shredded Manchego cheese

Celebrate tastes of Spain with flavours of smoked paprika, garlic and tomatoes that are perfect to spike up the shrimp.

1. Remove tails from shrimp. In large bowl, toss shrimp with oil, coriander, garlic and paprika. Let stand for 10 minutes.

2. Heat large nonstick skillet over medium high heat and add tomatoes. Cook, stirring for about 2 minutes or until tomatoes start to soften. Add shrimp mixture and stir to combine. Cook for about 5 minutes or until shrimp is pink and firm. Stir in butter, lime rind and juice until butter is melted and remove from heat.

3. Divide mixture among tortas and sprinkle each with cheese to serve.

EMILY RICHARDS

This recipe serves four. EMILY RICHARDS

Be assured that this industry offers the same security you'll be selling

Safe in your success.
Five things to know about pursuing work in the insurance industry

MEGHAN GREAVES
TalentEgg.ca

The insurance industry may conjure up images of being confined to a cubicle, but many positions in the field will see you actively engaged in your tasks.
ISTOCK

Before you start a career, it's important to find out all the key details you can about the field you're interested in.

While you'll learn a lot hands-on, a little bit of research can go a long way in preparing you for the perks and challenges of a particular career. The following five attributes of the insurance industry can help you get started.

It's inclusive

One of the great things about pursuing a career in the insurance industry is that you don't have to have a specific educational background or set of work experiences.

While there are many insurance diploma programs, certifications and specializations that can offer you a distinct advantage, you can hatch a great career in insurance without necessarily having a background in it.

Many top insurance companies assess potential hires based on their knowledge, skills and previous work experience as they relate to current needs. Since insurance is involved in so many different aspects of our lives, that previous knowledge and experience can come from many different areas: cars, business, medicine, the law and infrastructure are all excellent examples.

Employers in insurance recognize that some additional training and education is required to ensure you can excel in your insurance career and to round out your knowledge. Often, the cost for this training will be picked up by your employer.

Insurance is also inclusive from a demographic perspective, with 63 per cent of industry professionals being women, and 14 per cent identifying as a visible minority compared with 17 per cent in the general Canadian labour market.

It's exciting

Many people see working in insurance as a nine-to-five desk job that involves working in isolation.

Nothing could be further from the truth. While many roles do have an element of independence, an insurance career often calls for frequent client interaction, teamwork, networking and professional stewardship.

These activities not only provide variety, they also provide a well-rounded set of experiences that can help you find a role or set of responsibilities that match how you like to work.

The roles are highly varied

Besides a range of different responsibilities, opportunities for career specialization abound in insurance.

Whether you are a number cruncher, like working with people, can spot trouble before it happens, or enjoy research and analysis, there is likely a role for you.

Job opportunities include: claims representative, underwriter, insurance adviser and more. These positions include tasks such as developing strategies and putting policies into place for your clients, understanding the goals and risk tolerance of your clients and being an independent and collaborative worker to meet personal and team goals.

You can specialize in insurance

There are lots of college and university programs, specializations, designations, and certifications out there to give your education an edge in the insurance field, or specialize your skills to a particular insurance career path.

The same goes for specializing within the industry; as your career evolves, you may have the opportunity to develop niche expertise focusing on one area of the sector.

These areas can be as specific as fine wine collections, cyber liability, directors and officers insurance (for corporations, not-for-profits and other groups), or even sports and entertainment insurance.

Essentially, you can build on your education and experience to take you exactly where you want to go.

Even if you aren't sure where your interests lie just yet, it's great to know that you can specialize in your chosen field if you want to.

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Learn and grow

Since the insurance industry welcomes candidates from a diverse range of backgrounds, there's a heavy emphasis on training and development, both in terms of onboarding and continual learning.

- Career development programs and trainee programs are popular training formats for insurance companies to offer new hires. These training programs are designed to get you up to speed, whether you're taking your first step in the industry or moving into a more senior role.

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There are approximately 2,100 public golf courses across the country, but many of those are often overlooked. SHUTTERSTOCK

Don't overlook these gems

Unsung courses. Great golf and the thrill of discovery await across the country

BRIAN KENDALL
For Metro

Of Canada's nearly 2,100 public courses, only about 25 enjoy national renown. Yet, throughout our wildly varied golf landscape, there are courses just as gorgeous and brilliantly designed that go largely overlooked.

Great golf — and the thrill of discovery — await at the courses described here.

The Pines Golf Course, Nova Scotia

A Stanley Thompson-designed seaside jewel in the town of Digby, The Pines is a classic parkland layout with tight fairways and small, subtly undulating greens.

Twin Rivers Golf Course, Newfoundland

Canadian architects Robbie Robinson and Doug Carrick combined their talents at a thrillingly natural course in Terra Nova National Park that skirts the Atlantic Ocean before winding through a coniferous forest teeming with wildlife.

Fairmont Le Manoir Richelieu Golf Club, Quebec

Spectacularly situated on cliffs overlooking the mighty St. Lawrence River, 140 kilometres east of Quebec City, this 27-hole facility includes nine superb new holes, several of them affording commanding views of the river.

Deer Valley Golf and Estates, Saskatchewan

Opened in 2001, Deer Valley rolls seamlessly through the beautiful Qu'Appelle Valley, just north of Regina, offering no tricks or gimmicks, just pure Prairie golf.

The Links at Quarry Oaks, Manitoba

One of the most eclectic golf properties in Canada, The Links at Quarry Oaks, 60 kilometres southeast of Winnipeg, presents golfers with a choice of three nine-hole courses, featuring everything from forests and an abandoned quarry to waste areas and gravel ridges.

Canmore Golf and Curling Club, Alberta

Alpine vistas, a meandering glacial river, towering forests of fir trees, Canmore Golf and Curling Club offers many of the same mountain golf experiences as the nearby Banff Springs and Stewart Creek courses at about half the cost.

Dust the rust off your swing

After a long Canadian winter, golfers are naturally eager to get their season started. But proceed with caution.

"It's important to let your body get used to swinging a club again," said Ted Stonehouse, the director of golf and head professional at Clovelly Golf Course in St. John's, N.L. "You'll avoid back troubles and other aches by taking smooth and easy swings at the golf range for a couple of days before playing."

Even before your first swing, check your equipment. Do your soft spikes need replacing? Do your clubs need to be re-gripped? New grips at the start of the season help golfers avoid the potentially disastrous habit of gripping the club too tightly and over-swinging.

Just as essential is practice time on the putting green. After a long layoff, your feel for the short game, especially putting, usually suffers the most.

Finally, it's time for a lesson or two with your local golf pro.

"Lessons are the key to a successful season," Stonehouse said. "A lot of pros offer two-day spring tuneup sessions that reintroduce even longtime golfers to the basics — grip, posture, swing fundamentals and so on. Get those right and you're almost certain to play the best golf of your life."

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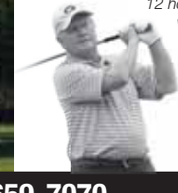

"We should consider the possibility of making 12 holes the standard round, Eventually it would be accepted because itmakes sense in peoples lives"
Jack Nicklaus

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Austin has mono, but he's not alone

Memorial Cup. Teammates came through for London Knights defenceman in time of need

DAVE LANGFORD
dave.langford@metronews.ca

Knights defenceman Brady Austin: "It was unbelievable the support we received from throughout the OHL, starting at the top with (commissioner) Dave Branch all the way down. It definitely helped for sure." METRO FILE

Usually, contracting mono has no upside — especially for a 20-year-old Ontario Hockey League defenceman chasing his dream of winning a Memorial Cup.

But for the London Knights' Brady Austin, there has been nothing in the way of normalcy in his life the past few weeks.

First, on April 1, he was diagnosed with mono and he has not played a minute of any game since that day.

And then on April 9, his father, Steve Austin, passed away at age 56, with cancer the culprit.

"Having mono, I was able to go home for a week or two and spend some time with my dad," Austin said before Knights practice Tuesday. "It was really special that way, but at the same time, it's not feeling good to be out of the playoffs. But we've got our goal and we're ready to work for it."

"It was kind of like a blessing in disguise for me and my family talked about that."

With Austin out with mono and fellow defenceman Zach Bell out with a broken leg, the Knights were overmatched against Guelph Storm in the OHL conference semifinal and were eliminated in five games.

Now as host team, they now must wait for three league champions to join them in the four-team Memorial Cup beginning May 16 in London.

Austin was back on the ice for the first time Tuesday with the Knights, albeit minus full contact. He said he will be ready for May 16. In the meantime, he wanted to thank everyone for the huge support he has received.

But the best show of support came from the Knights themselves.

Knights assistant coach Dylan Hunter said the coaches had decided to drive to Bobcaygeon, Ont., for the Steve Austin visitation when a knock came on the door.

It was captain Chris Tierney with a message: The players wanted to go as well. The team bus was called in to assist.

"I knew he was pretty happy the guys came up and it was a tough couple of weeks for him, so anything we could do for him to support him we did," Hunter said.

NBA

Popovich pops up as coach of the year once again

San Antonio Spurs coach Gregg Popovich has been named NBA coach of the year, making him just the third coach in league history to win the award three times.

The NBA announced the honour Tuesday. He's won it twice in the last three seasons and joins Don Nelson and Pat Riley as one of the only coaches to win the award three times.

Popovich led the Spurs to a league-best 62-20 record, which gives them home-court advantage throughout the playoffs. Popovich has led the Spurs to 15 straight 50-win seasons and has won 60 games four times in that span. THE ASSOCIATED PRESS

NBA playoffs

"I think it's just in the DNA. Everybody don't have it, everybody's not born with it. Can't buy it at Costco or Walgreens. It's in the DNA."

Brooklyn forward Paul Pierce, explaining his career-spanning ability to come through in crunch time. Go to metronews.ca to see if Pierce was able to come up big again in Game 2 of the Nets' playoff series against the Raptors on Tuesday night. Scan the above image to view a gallery of some of Pierce's clutch moments.

Boston marathon results

London runners

- **1.** Lanni Marchant, 30, 2:30.34.
  2. David Smith, 32, 2:51.56
  3. Richard McClelland, 43, 2:54.34
  4. David Palma, 35, 2:59.00
  5. Ashley Powers, 30, 3:00.02
  6. Rod Henning, 49, 3:00.56
  7. Jim Burrows, 52, 3:02.47
  8. Ryan Luc, 35, 3:02.59
  9. Paul Marotta, 47, 3:11.34
  10. Stacy Grappler, 39, 3:12.13
  11. Kim Fleet, 32, 3:13.54
  12. David Stollar, 60, 3:19.37
  13. Colin Milligan, 48, 3:25.14
  14. Clive Bradley, 59, 3:27.21
  15. Ian Norman, 50, 3:31.20
  16. Jen Vording, 34, 3:34.57
  17. Steve Cordes, 52, 3:35.04
  18. Robert McNair, 56, 3:37.14
  19. Gene Loubert, 55, 3:38.01
  20. John Woolsey, 50, 3:39.24
  21. Kevin Fung, 41, 3:41.34.
  22. Michelle Morris, 48, 3:42.08
  23. John DePutter, 60, 3:42.57
  24. Tony Stokes, 50, 3:43.18
  25. Mark Watling, 45, 3:44.24
  26. Monica Olanski, 48, 3:45.18
  27. Chris Watling, 46, 3:46.14
  28. Sergio Cruz, 51, 3:48.38
  29. Patrick Connor, 54, 3:53.10
  30. Robert Weir, 66, 3:54.59
  31. Mark Faust, 54, 3:56.46
  32. Reg Huggins, 63, 4:16.22
  33. Kevin Hodgins, 55, 4:17.39
  34. Cathy Calver, 46, 4:25.48
  35. Shannon Regan, 43, 4:29.16
  36. Peter Yang, 25, 4:32.04
  37. Kenny Saucier, 45, 4:33.23
  38. Willem Koopman, 66, 4:43.21
  39. Michael Szonyi, 46, 4:46.34
  40. Chuck Edwards, 68, 4:50.54
  41. Bruce Anderson, 60, 4:54.13
  42. Linda Jones, 65, 4:58.30
  43. Joe Chin, 58, 6:02.22
  44. Dave Carver, 52, 6:57.24

The Penguins' Brian Gibbons scores past Blue Jackets goalie Sergei Bobrovsky in Pittsburgh on Saturday. GENE J. PUSKAR/THE ASSOCIATED PRESS

Pens, Jackets still 'greedy' for lead

NHL playoffs. Series has been marked by blown leads with the team that has been ahead 3-1 in each game finishing on the losing end

In a Stanley Cup playoff series marked by teams giving up two-goal leads, Pittsburgh Penguins defenceman Rob Scuderi says it's time to get selfish.

Asked his team's approach going into Game 4 on Wednesday night, Scuderi said, "Let's get greedy."

The Penguins carry a 2-1 lead in a topsy-turvy first-round, best-of-seven elimination in which a team has led by a score of 3-1 in each game — and still lost.

Pittsburgh did it in Game 2, the Blue Jackets in Games 1 and 3, including a painful 4-3 home loss on Monday night.

"I'll tell you, I'd take a 3-1 lead in the next game for sure," Columbus defenceman Jack Johnson said, with a chuckle.

As was the case in the Penguins' come-from-behind win on Monday night — each game so far has ended with a 4-3 score — a loud capacity crowd of more than 19,000 is expected at Nationwide Arena.

After having Penguins fans all but take over the arena during the regular season, Blue Jackets supporters greatly outnumbered them and were boisterous in Game 3. Maybe even a bit too boisterous.

"The emotion at times kind of derailed us," Blue Jackets coach Todd Richards said. "What I mean by that is just our thinking out on the ice. We got caught up in the moment at times, myself included, and it sidetracks your game." THE ASSOCIATED PRESS

Quoted

"It sort of comes down to the secondary scoring and the other players who can make a difference in the series."

Penguins forward Lee Stempniak, on the fact that teammates Sidney Crosby, Evgeni Malkin, Chris Kunitz, James Neal and Kris Letang have yet to score in the series.

Redskins. 'Real-life issues' need to be addressed, not team name: Owner Snyder

Washington Redskins owner Dan Snyder said Tuesday it's time for people to "focus on reality" concerning Native American matters instead of criticizing the team's nickname.

"We understand the issues out there, and we're not an issue," Snyder said. "The real issues are real-life issues, real-life needs, and I think it's time that people focus on reality."

Challenged by those who consider the name "Redskins" offensive, Snyder and his staff recently travelled to Native American reservations and last month established a foundation to assist American Indian tribes. He had declined requests to answer questions about the foundation until Tuesday.

Snyder has insisted he will not change the Redskins' name, calling it a "badge of honour." He did not directly answer when asked to respond to those who say the foundation is a way of throwing money at the problem to placate critics. He instead cited the work behind the creation of the foundation.

"I think it tells you that we did our homework — unlike a lot of people," he said. THE ASSOCIATED PRESS

Redskins owner Dan Snyder
GETTY IMAGES FILE

NFL

Suh absent during Lions' voluntary minicamp

The Detroit Lions have begun their first voluntary minicamp under first-year coach Jim Caldwell without Ndamukong Suh.

The two-time All-Pro defensive end was not on the field with his teammates Tuesday afternoon during the 10-minute portion of the workout that was open for the media.

Suh is expected to attend organized team activities in May and a mandatory minicamp the next month. THE ASSOCIATED PRESS

MLB

Brewers' Gomez, Pirates' Martin among suspended

Major League Baseball has suspended four players involved in last Sunday's brawl between the Pittsburgh Pirates and the Milwaukee Brewers.

Milwaukee catcher Martin Maldonado was suspended five games while outfielder Carlos Gomez was suspended three games. Pittsburgh outfielder Travis Snider must sit two games, with Russell Martin also missing one game. THE ASSOCIATED PRESS

Avalanche defenceman Tyson Barrie skates toward the bench after getting hit by Wild forward Matt Cooke in St. Paul, Minn., on Monday.
ANN HEISENFELT/THE ASSOCIATED PRESS

Cooke has some explaining to do for knee-on-knee hit

Minnesota Wild left-winger Matt Cooke has been summoned for a hearing at the NHL office in New York regarding his kneeing penalty that injured Colorado Avalanche defenceman Tyson Barrie.

The league said Cooke's meeting will be Wednesday afternoon. Game 4 is Thursday night, but Cooke likely will be suspended for that one and more. The Avalanche lead the series 2-1.

The incident occurred in the second period on Monday night on the open ice, as Cooke's knee clipped Barrie's. Barrie, who led Avalanche defencemen this season with 13 goals, will need four to six weeks to recover from a torn medial collateral ligament in his left knee.

Cooke has a long history of punishment for rough play, but none of his suspensions has come in the last three years. THE ASSOCIATED PRESS

Quoted

"Knee on Tyson Barrie is without a doubt the play of the game. We lost our best offensive defenceman."

Avalanche head coach Patrick Roy following Monday night's game.

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Customer must be a current owner of a 2004 or newer Ford vehicle registered and insured in his/her name for the previous 3 months. Customer must purchase or lease a new 2014 Ford vehicle delivered and registered in Canada by March 30, 2014. Purchase must be financed through Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $521.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ^Until April 30th, 2014, receive 0.99% APR purchase financing on new 2014 Edge models for up to 48 months, Taurus and Escape models for up to 60 months, and Ford Focus (excluding BEV) and Fiesta models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Ford Fiesta S Hatch/2014 Focus S Sedan/ Fusions S/ Escapes S] for $13,198/$14,948/$22,818/$24,888 (after $0 down payment or equivalent trade-in, and $2,500/$2,500/$500/$1,000 Manufacturer Rebate deducted) purchase financed at 0.99%/0.99%/2.99%/2.49% APR for 84 months, monthly payment is $163/$185/$302/$324 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $75/$85/$139/$149), interest cost of borrowing is $4,403/$5,182/$7,882/$8,088 and total to be repaid is $17,601/$20,730/$30,700/$32,976 (after $2,500/$2,500/$500/$1,000 Manufacturer Rebate deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ◊◊Offer only available at participating Esso gas stations and applies when regular grade fuel is priced between $1.15 and $1.50 per litre at the participating Esso gas station where the redemption takes place. Where regular grade fuel is priced above $1.50 per litre, customer will receive a $0.35 per litre discount off of the regular grade fuel price. See dealer for Extra Grade and Premium Grade fuel discount structure and for full offer details. ^^Based on 2007 – 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ^Based on highway driving in a 2014 Fiesta 1.0L GTDI – I3 6-Speed Automatic and estimated fuel consumption ratings of 6.2L/100km City and 4.3L/100km Hwy (using Government approved testing methods for 2014 model year vehicles). Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. Fuel consumption ratings based on Transport Canada-approved test methods. Where regular grade fuel is priced above $1.50 per litre, customer will receive a $0.35 per litre discount off of the regular grade fuel price. See dealer for Extra Grade and Premium Grade fuel discount structure and for full offer details. ^^^Based on 2007 – 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ‡Based on Natural Resources Canada city and highway ratings for Ford models, 1995 through 2014. Actual results may vary. ‡‡Based on 2004 – 2013 Ford vehicles registered and insured in Canada. Actual claims experience may vary. ‡‡‡Based on 2004 – 2013 Ford vehicles registered and insured in Canada. Actual claims experience may vary. ◊Offer only available at participating Ford dealers in Canada. Customer must be a current owner of a 2004 or newer Ford vehicle registered and insured in his/her name for the previous 3 months. Customer must purchase or lease a new 2014 Ford vehicle delivered and registered in Canada by March 30, 2014. Purchase must be financed through Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $521.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ◊◊Offer only available at participating Esso gas stations and applies when regular grade fuel is priced between $1.15 and $1.50 per litre at the participating Esso gas station where the redemption takes place. 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See dealer for Extra Grade and Premium Grade fuel discount structure and for full offer details.

See that symbol? It means you can scan the photo below with your Metro News app to see a video of the concept GLA Mercedes-Benz unveiled in Shanghai last year

2015 Mercedes-Benz GLA

- **Type.** Four-door, all-wheel drive compact wagon.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (208, 355 in the GLA45 AMG)
- **Transmissions.** Seven-speed automated manual with paddle-shift controls.
- **Base price (incl. destination).** $42,500 (est.)

Market position

The GLA, based on the CLA sedan, is an example of high-end automakers introducing lower-priced products. The trick is to do it without alienating traditional buyers who seek the exclusivity of a luxury brand.

Points

- Rounder styling separates GLA from the larger GLK
- Base four-cylinder engine generates decent power, but performance AMG version blows it away
- Seems as though the manual transmission era is over at Mercedes-Benz
- Attractive base price could rapidly escalate unless option list is avoided
- Expect this model to rival the CLA sedan in popularity.

Without the sloping roof of the CLA, the GLA is 20 centimetres shorter. The hatch opening therefore accommodates bulkier — not longer — items.

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's side knee airbag; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.2/5.5 (base 2.0, est.)

A frugal option from Mercedes

PHOTOS: WHEELBASEMEDIA.COM

Review. How a car that could have been a compromise actually ended up being anything but

MALCOLM GUNN
wheelbasemedia.com

Mercedes-Benz traditionally caters to its financially comfortable clientele with some deliciously desirable machinery. But in North America, the automaker is making an equally strong pitch to a younger, less affluent audience by introducing the 2015 GLA wagon. It's a companion model to the coupe-like 2014 CLA sedan that resides at the lower-priced and fuel-frugal end of the market.

Mercedes-Benz isn't alone here. Other premium-oriented brands, notably Audi and BMW, are launching similarly sized, or even smaller cars. By doing so, they are improving their respective corporate average fuel economies (CAFE) in accordance with the U.S. government regs. The GLA, which launches in Canada this fall, gives entry-level Mercedes-Benz shoppers a clear choice of vehicles that actually compromise little in the way of power and features.

Those who prefer the smooth look of the CLA sedan can choose that route, while the more practically minded can opt for the sport-wagon look and added carrying capacity of the GLA. Each car has its pluses and minuses, but the form-over-function CLA will ultimately be sharing a big slice of the econo-luxury podium with the GLA.

The GLA's dash layout is a carbon copy of what you'll find in the CLA sedan. The dashtop screen doesn't retract and there's no console shift lever.

Given their commonality, it makes sense that the GLA and CLA share the same powertrains. The GLA250 4MATIC runs with a turbocharged 2.0-litre four-cylinder that generates 208 horsepower and 258 pound-feet of torque. Step up to the GLA45 AMG (4MATIC) and those values increase to 355/332. Although the displacements are equal, the AMG engine block has been strengthened and its higher output turbocharger produces nearly twice the boost of the GLA250's.

Both powerplants use a seven-speed automated manual transmission with paddle shifters that produces quicker upshifts and downshifts than a traditional automatic/torque converter combo.

Ultimately, the GLA-Class should be as enticing as the CLA, but should hold greater appeal for budget-minded buyers wanting more practical family transportation along with a three-pointed star affixed to the grille.

Compare

1 Acura RDX
Base price: $43,200
Less sporty than first-generation model, but a powerful V6 makes it a winner.

2 BMW X1
Base price: $39,100
Attractive base wagon emphasizes economy over performance.

3 Lincoln MKC
Base price: $41,800
New Ford Escape-based model should do well in an expanding category.

5 DRIVE

ZING INTO SPRING SALES EVENT

GET UP TO $3,500 JEEP CASH ON SELECT MODELS≤

AS GOOD AS 44 MPG HIGHWAY

2013 IIHS TOP SAFETY PICK

Starting From Price
for 2014 Jeep Cherokee
Limited shown: $31,890.§

PULL-AHEAD BONUS CASH
$1,000 + 1% RATE REDUCTION
ENDS APRIL 30TH
PULL-AHEAD INTO A NEW VEHICLE SOONER.
EXCLUSIVE TO OUR EXISTING FINANCE/LEASE CUSTOMERS.

AS GOOD AS 40 MPG HIGHWAY

AVAILABLE 3.0L ECODIESEL V6 ENGINE

Starting From Price
for 2014 Jeep Grand Cherokee
Overland shown: $57,590.§

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2014 JEEP CHEROKEE
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(UNDER $35,000)

2014 JEEP CHEROKEE
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VEHICLE OF THE YEAR

ALL-NEW 2014 JEEP CHEROKEE SPORT

$24,495 AND GET **0%**

PURCHASE PRICE INCLUDES FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

FINANCING† FOR 36 MONTHS

2014 JEEP GRAND CHEROKEE LAREDO
CANADA'S MOST AWARDED SUV EVER◊

$99 @ **4.99%**

WEEKLY LEASE* FOR 60 MONTHS WITH $4,699 DOWN

$2,500 LEASE CASH INCLUDED§

AS GOOD AS 30 MPG HIGHWAY

Starting From Price
for 2014 Jeep Wrangler
Sport S shown: $26,640§

AS GOOD AS 43 MPG HIGHWAY

Starting From Price
for 2014 Jeep Patriot
Limited shown: $24,240§

AS GOOD AS 43 MPG HIGHWAY

2014 JEEP WRANGLER 2-DOOR 4X4
THE MOST CAPABLE OFF-ROAD VEHICLE IN ITS CLASS√

FINANCE FOR

$117 @ **4.29%**

BI-WEEKLY† FOR 96 MONTHS WITH $0 DOWN

INCLUDES $2,500 JEEP CASH* PLUS $1,000 BONUS CASH**

2014 JEEP PATRIOT SPORT 4X2
THE MOST AFFORDABLE SUV IN CANADA[1]

$16,495

PURCHASE PRICE INCLUDES $2,750 CONSUMER CASH,* FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

INCLUDES $2,750 JEEP CASH*

2014 JEEP COMPASS SPORT 4X2
CANADA'S MOST CAPABLE OFF-ROAD COMPACT SUV[2]

$17,495

PURCHASE PRICE INCLUDES $2,750 CONSUMER CASH,* FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

INCLUDES $2,750 JEEP CASH*

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER JEEP DODGE RAM jeepoffers.ca

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15 VEHICLES WITH 40 MPG HWY OR BETTER.

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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your retailer for the EnerGuide information. ¤2014 Jeep Cherokee 4x2 2.4 L I-4 Tiger-shark™ MultiAir® - Hwy: 6.4 L/100 km (44 MPG) and City: 9.6 L/100 km (29 MPG). 2014 Jeep Grand Cherokee 3.0L EcoDiesel V6 8-speed automatic - Hwy: 7.0 L/100 km (40 MPG) and City: 10.3 L/100 km (27 MPG). 2014 Jeep Wrangler 3.6 L Pentastar™ VVT V6 - Hwy: 9.3 L/100 km (30 MPG) and City: 12.7 L/100 km (22 MPG). 2014 Jeep Patriot 4x2 2.0 L I-4 DOHC – Hwy: 6.6 L/100 km (43 MPG) and City: 8.9 L/100 km (32 MPG). 2014 Jeep Compass Sport 4x2 2.0 L I-4 DOHC – Hwy: 6.6 L/100 km (43 MPG) and City: 8.9 L/100 km (32 MPG). Wise customers read the fine print: ≤, Ω, †, ♦, ‡, *, ♦♦, § The Zing Into Spring Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after April 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ≤Total Discounts of $3,500 consist of $2,500 Consumer Cash and $1,000 Bonus Cash on the 2014 Jeep Wrangler 2-Door 4x4 (23B). Total Discounts of $2,500 consist of $2,500 Lease Cash on the 2014 Jeep Grand Cherokee Laredo (23E). Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. Bonus Cash discounts are deducted from the negotiated lease price after taxes. ΩFinance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from April 1 to 30, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between January 1, 2014 and December 31, 2016. Trade-in not required. See retailer for complete details and exclusions. †0% purchase financing for up to 36 months available on new 2014 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of $24,495 with a $0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of $314 with a cost of borrowing of $0 and a total obligation of $24,495. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2014 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $37,195 leased at 4.99% over 60 months with $4,699 down payment, equals 240 weekly payments of $99 with a cost of borrowing of $6,314.90 and a total obligation of $29,333.20. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. ‡4.29% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Wrangler 2-door 4x4 (23B) with a Purchase Price of $20,495, with a $0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of $117 with a cost of borrowing of $3,754 and a total obligation of $24,248.97. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ♦♦$1,000 Bonus Cash is available on all new 2014 Jeep Wrangler models and is deducted from the negotiated purchase price after taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ◊Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. √Based on 2014 *Ward's* Small Sport Utility segmentation. [1]Based on 2014 *Ward's* Sport and Cross Utility segmentations. [2]Based on 2014 *Ward's* Small Cross/Utility segmentation, approach angle, departure angle, breakover angle, and water fording depth. Excludes other vehicles designed and manufactured by Chrysler Group LLC. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.**

Horoscopes

♈ Aries
March 21 - April 20
You know what it is that you want so now it's just about how you are going to get it. If your plans are being held back by a lack of cash, what happens today and tomorrow will help. But ultimately, the effort must come from you.

♉ Taurus
April 21 - May 21
Mercury joins the Sun in your sign today and your mood will be better. The next three weeks are potentially the best of the year for you, so take advantage of the opportunities that come your way.

♊ Gemini
May 22 - June 21
Your feelings may be a bit fragile over the next 24 hours, so steer clear of people who are rude. Some days it is necessary to restrict yourself to your company.

♋ Cancer
June 22 - July 23
Don't try to solve others' problems by yourself. Be generous, especially with time and sympathy, but recognize that the only way friends will solve their issues is by looking for them themselves.

♌ Leo
July 24 - Aug. 23
Mercury, planet of the mind, crosses the career angle of your chart today, which means you will no longer be able to kid yourself about what is and is not possible.

♍ Virgo
Aug. 24 - Sept. 23
This is one of the best times of the year for you and it will get even better over the next few days as Mercury, your ruler, opens your mind to new possibilities.

♎ Libra
Sept. 24 - Oct. 23
Whatever it is that you fear, you need to put a name to it because only then will you be able to face it and conquer it. Most likely you have been worrying for no good reason.

♏ Scorpio
Oct. 24 - Nov. 22
It may feel as if you have no control over what is going on in your life but that simply isn't true. You have, however, allowed people to dictate to you what you can and cannot do. It's time to make it clear that enough is enough.

♐ Sagittarius
Nov. 23 - Dec. 21
While everyone is running around and bumping into each other as if the end of the world is nigh, you will be the picture of tranquility. That may mean you have no idea what is going on but there are times when ignorance is OK.

♑ Capricorn
Dec. 22 - Jan. 20
Yours may not be the most flexible sign but it will pay you to make an effort to adapt today. You have a great deal going for you at the moment but to make the most of it, be less set in your ways.

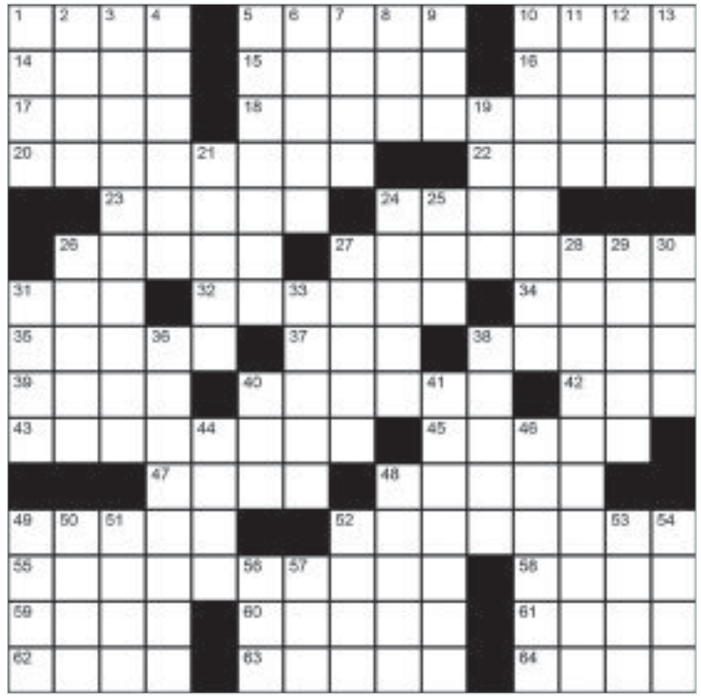
♒ Aquarius
Jan. 21 - Feb. 19
You will learn something over the next 24 hours but if you are smart, you will keep it to yourself for now. What you find out about a situation could be beneficial.

♓ Pisces
Feb. 20 - March 20
Sometimes it's good to get away from your duties and chores and lose yourself in activities you really enjoy. Such a time is now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

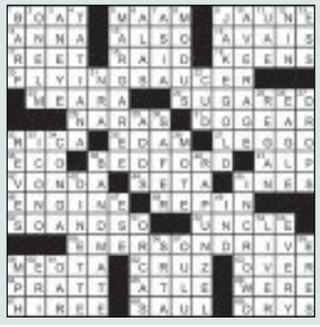
BY KELLY ANN BUCHANAN



Across
1. Daytime/nighttime
5. Theatrical work, __ Godunov
10. Havana's locale
14. TV handyman Bob
15. Mediterranean vacation island
16. Kitchen's kiln kin
17. Scrapes, budget-wise
18. __ of Canada
20. Canadian brand of toilet paper
22. Gather
23. Ms. Skye of "Say Anything..." (1989), and namesakes
24. Painting subject (en francais) for Manet
26. Terra __
27. __ Desert (Located in the Yukon, it's endearingly called the world's smallest desert)
31. '_' __ in Toronto
32. Northern Ontario city, __ Lake
34. __-_-soup
35. Crows
37. Pac. opposite when looking at Canada
38. Canadian newsman Mr. Mansbridge
39. __ of the moment
40. Invitees
42. Monk's title
43. Artsy statesman of ancient Athens
45. Cosine or sine
47. Wuthering Heights expanse
48. Voyageur's transport
49. The __ of 2014
52. Frontman of Rush: 2 wds.
55. Rare baleen creature: 2 wds.
58. Inactive
59. Ms. Reid
60. Boring tool
61. Foster film
62. Songstress Sheryl
63. Lances
64. Steel shade

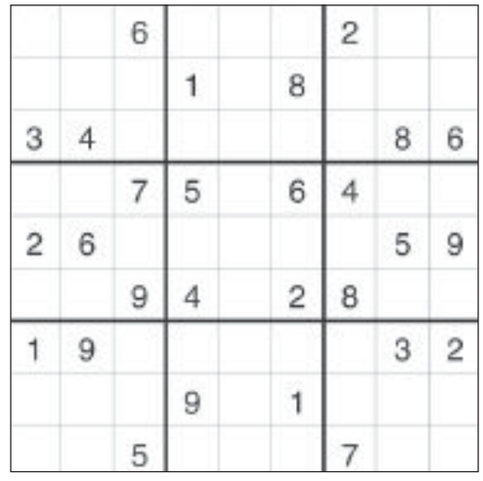
Down
1. "__ plaisir!" (Gladly, in Quebec)
2. "Grace Kelly" singer
3. Long-extinct marine reptile of ancient waters, such as of the Yukon
4. Team's sidelines cheers-leader
5. Important happening: 2 wds.
6. Some woodwinds
7. BC's Fraser, et al.
8. 'Special' suffix
9. Mediterranean isl. near Italy
10. The second 'C' of CIBC
11. Iris' place
12. Mr. Affleck's
13. Colony critters
19. Pusher-catching cop
21. Beginner bets
24. Sussex slammers
25. Mr. Linkletter
26. __ diem! (Seize the day!)
27. Quotes
28. Baseball position
29. 'I hope', to Caesar
30. Ms. Gilbert
31. Baking meas.
33. "Today" anchor Matt
36. Northern Alberta town
38. Mind your __ __ Qs
40. Mop & __ (Floor cleaner)
41. Canadian TV drama of 1996 to 2000 that viewers were 'invested' in watching
44. Haggler's concern
46. Considering, as an idea
48. Showbiz type
49. Federal org. concerning broadcasting
50. Beguiler
51. It means 'Soil'
52. Someone smitten's status
53. Addition __ (Canadian plus-size clothing chain)
54. Moray-like
56. Occurred
57. Beach structure

Yesterday's Crossword



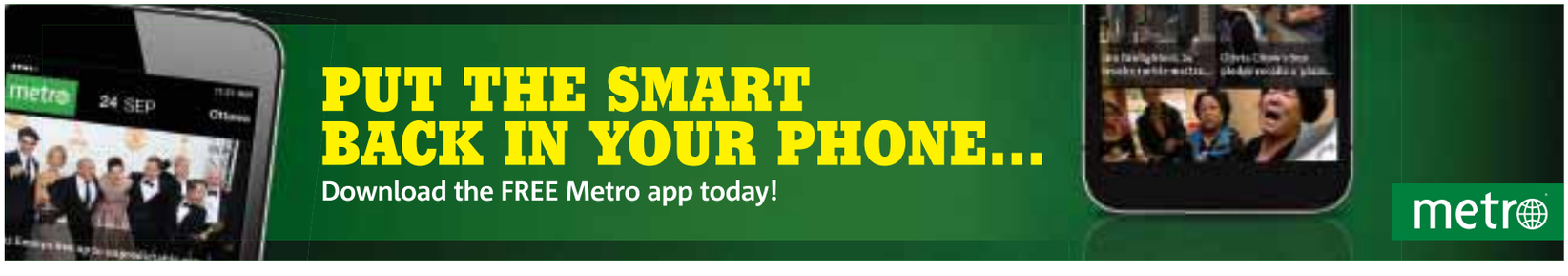
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	5	4	6	1	8	9	7	3
7	9	6	3	5	2	4	1	8
1	8	3	9	4	7	2	6	5
9	3	1	2	8	6	5	4	7
5	8	2	4	7	1	6	3	9
4	7	6	5	9	3	1	2	8
3	4	7	8	2	9	6	5	1
8	1	5	7	6	4	3	9	2
6	2	9	1	3	5	7	8	4



Comfort & safety you expect with style & technology you'll love.

With features like best-in-class interior space,* a standard backup camera, premium interior styling, along with standard Bluetooth® and steering wheel audio controls, the 2014 Corolla LE is as practical as it is impressive.

Corolla LE shown.

COROLLA

Like you've never seen it before.

TOYOTA

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*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.